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2020

Blue H – Navy Surgeon General's Health Promotion and Wellness Award Instructions

(as of 1 Jan 2020)

1. Background Information.

The **Health Promotion and Wellness Award** is an annual award sponsored by the Navy Surgeon General and managed by the Navy and Marine Corps Public Health Center, as directed in BUMEDINST 6110.13A. This award encourages and rewards the promotion of health in Navy and Marine Corps organizations. Specifically, the FLEET and MARINE CORPS COMMAND versions recognize excellence in workplace primary prevention policies, activities and outcomes. The MEDICAL version recognizes excellence in clinical primary prevention, community health promotion and medical staff health in Navy medical organizations. The SEMPER FIT version recognizes excellence in community health promotion by Marine Corps SEMPER FIT Programs.

The Blue H website is:

http://www.med.navy.mil/sites/nmcphc/health-promotion/Pages/blue-h.aspx

2. Reporting Period.

The reporting period is 1 January – 31 December. Commands should include only policies and activities which were in place or conducted during this time period when scoring their application. The application must be submitted by 1 February of the next year to qualify.

3. Eligibility.

All Navy and Marine Corps commands and joint commands that include Sailors and Marines may participate.

Navy Medical Treatment Facilities will use the MEDICAL criteria.

Medical Battalions, occupational health clinics, small patient-care centers and stand-alone dental health commands may apply using the MEDICAL criteria or the FLEET criteria or the Marine Corps Command criteria (use the Fleet criteria if most of your staff are Sailors; using the Marine Corps criteria if most of your staff are Marines). The Medical criteria are appropriate only if the application is based on community-level health activities plus patient primary prevention services plus staff_health policies and activities. The Fleet Criteria and Marine Corps Command Criteria are appropriate if the application is based solely on staff health policies and activities.

USMC non-medical commands should use the "Marine Corps Command" criteria.

SEMPER FIT Centers will use the SEMPER FIT criteria.

All other commands, including **Military Sealift Command**, **Navy shore** commands and **Navy Reserve** Navy Operational Support Centers (NOSC), will use the FLEET criteria.

Joint commands that include Sailors and Marines should conduct HPW programs that include ALL staff. To score your Blue H, select the criteria set that matches the majority of your staff (Sailors or Marines) and base your Blue H scores on that majority portion of your staff (i.e. use that majority portion of your staff as your numerator and denominator to calculate your scores).

4. Combined Applications:

Medical Treatment Facilities (MTF): any medical clinic, geographically separated from the parent MTF, which is led by an OIC or Department Head, must submit independently of their parent MTF. The "CO, Letter" can be signed by either the clinic OIC or the parent MTF CO. The spirit of this requirement is that geographically separated units must, of necessity, conduct their own community-level and staff-level wellness activities. The MTF and their respective Branch Health/Medical/Dental Clinics are free to take credit for any activity, policy, programs or staff training criterion that are truly "shared". The parent MTF will receive bonus points for each subordinate clinic that submits (3 points for each clinic).

Navy Fleet Commands: For geographically separated fleet commands and detachments, the Detachment Officer in Charge (rather than the geographically separated parent command) should validate the accuracy of the Blue H application and sign the "CO Letter".

Navy Reserve Commands: NOSC health promotion efforts (and their Blue H scores) should be based on policies and activities for all members of all UICs attached to that NOSC – not just the full time staff. Navy Reserve Operational Health Support Unit (OHSU) headquarters and detachments should support the NOSC health promotion efforts and support the NOSC Blue H application. OHSUs (or other Reserve units) may not apply for the Blue H independently of their NOSC. If desired by the NOSC Commanding Officer, both the NOSC and OHSU detachment(s) may be named in the award announcement. NOSC CO's may request exceptions to this rule for unique circumstances such as geographically isolated detachments.

5. Standards.

For each criterion, a minimal "pass" standard has been adopted. These thresholds were developed by a working group hosted by NMCPHC and are intended to be challenging but achievable. Commands are awarded points for achieving or exceeding these standards.

If a criterion is not applicable to a command, that command will be awarded the maximum number of points for that criterion. For example, if a command has no enlisted Sailors, the CSADD Chapter criterion would be non-applicable and the applicant should take the full points as if they do have a CSADD Chapter.

• BRONZE ANCHOR: Every organization that submits a report will receive at least the BRONZE ANCHOR level award.

SILVER EAGLE:

To achieve the SILVER EAGLE level award, a **MEDICAL** command must accumulate at least 50% of the total available points for every CATEGORY and TOPIC; <u>and</u> must earn a minimum of 50% of the <u>total</u> available points. The Medical-version categories are (1) Clinical Primary Prevention Practice (primary care health behavior assessment), (2) Community Health Services (community assessment and support), and (3) Staff Health. The topics within Staff Health are policy/risk assessment, alcohol abuse prevention, injury prevention, nutrition, physical activity, sexual health, mental health, tobacco use, and weight management.

To achieve the SILVER EAGLE level award, a **FLEET** or **Marine Corps** command must accumulate at least 50% of the total available points in <u>each</u> of the topic areas <u>and</u> must earn a minimum of 50% of the total available points. The Fleet-version criteria topics are policy/risk

assessment, alcohol abuse prevention, injury prevention, nutrition, physical activity, sexual health, psychological health, tobacco use, and weight management.

To achieve the SILVER EAGLE level award, a **SEMPER FIT** Program must accumulate at least 50% of the total available points in <u>each</u> of the topic areas <u>and</u> must earn a minimum of 50% of the <u>total</u> available points. The SEMPER FIT -version criteria topics are HP partnerships, assessment and evaluation, HP tools, nutrition, alcohol and drug abuse prevention, tobacco prevention and cessation, physical fitness, psychological health, sexual health, disease prevention, injury prevention, community outreach and staff training.

GOLD STAR:

To achieve the GOLD STAR level award, a **MEDICAL** command must accumulate at least 50% of the total available points for every CATEGORY and TOPIC; <u>and</u> must earn a minimum of 80% of the <u>total</u> available points. <u>Additionally</u>, the following criteria must be met:

- The designated leader of the MTF/Branch Clinic HP Program (i.e. Director; Coordinator) has completed the resident NMCPHC HP Advanced Training Course (previously known as the threeday NMCPHC Navy HP & Wellness Course) within the past 10 years.
- The medical campus must be designated tobacco free.
- Tobacco cessation and SHIPSHAPE reports must have been submitted.
- SHIPSHAPE events must have been provided at the minimum frequency
- The MTF must have a written health promotion instruction, a health promotion committee and a health promotion coordinator appointed in writing.
- All HPW department staff (full-time and collateral duty, military and civilian, including admin support staff) are tobacco-free.

To achieve the GOLD STAR level award, a **FLEET** or **Marine Corps** command must accumulate at least 50% of the total available points in <u>each</u> of the topic areas <u>and</u> must earn a minimum of 80% of the <u>total</u> available points. <u>Additionally</u>, for FLLET Commands, he lead Health Promotion Coordinator or Director successfully completed the web-based NMCPHC Health Promotion Basics Course or the 2-day HP Advanced Training Course offered by NMCPHC (or the old / now deleted NKO HP course number NMHPB081).

To achieve the GOLD STAR level award, a **SEMPER FIT** Program must accumulate at least 50% of the total available points in <u>each</u> of the topic areas <u>and</u> must earn a minimum of 80% of the <u>total</u> available points.

6. Submission Process.

A blank criteria set / worksheet (MEDICAL, FLEET, Marine Corps or SEMPER FIT) may be accessed from the Blue H website. A person designated by the Commanding Officer/ Officer in Charge (OIC) or Semper Fit Director of the participating command will **download and save** a copy of the Excel criteria set/worksheet. Use this worksheet during the year to plan and track your Blue H activities and scores.

<u>When</u> to submit your application: Submissions are accepted beginning on 1 January and are due by COB **1 February**. Requests for an extension of this due date may be granted but must be requested via email to NMCPHC before the due date.

How to submit your application:

- A. Send an email to the Blue H manager at mailto:Michael.r.macdonald2.civ@mail.mil with these attachments:
 - 1. Your completed and CO-approved **criteria worksheet** (in Excel format).
- 2. A signed/scanned letter from the Commanding Officer (or SEMPER FIT Director; or Officer in Charge for geographically separated fleet or Marine Corps commands) which validates the accuracy of the application. A sample "CO Letter" may be downloaded from the Blue H homepage.
- 3. Your HRA "CO Reports" (one for Military Staff plus one for Civilian Staff if more than 10 GS civilians are assigned).
 - 4. For GOLD STAR applications:
 - Medical: submit the name of all HPW full time staff members and HP Training Certificates appropriate for their military rank/civilian grade.
 - Fleet or Marine Corps Command: submit name of HP Coordinator and HP Training Certificate for Navy HP Basics Course, Level I or Navy HP & Wellness Course Certificate.
- B. *In addition* to the e-mail described above, enter your scores into the official **on-line application** found on the Blue H home page. CaC card access is required. This on-line application will provide you with immediate feedback about your Blue H score. Commands lacking internet-with-CaC card access may request a waiver for this step.*
- C. Award submissions will be acknowledged by return email from NMCPHC. It is the responsibility of the applicant to **verify** that their application has been received by NMCPHC.
- D. Please invite one person from your command to complete the Blue H customer feedback questionnaire at: https://surveys.max.gov/index.php/651967?lang=en

*Note: The purpose of the worksheet is to enable the applicant to plan and track activities during the year and to brief leaders on the state of their HPW program. The scores can then be easily transcribed into the official on-line application at the end of the year. The purpose of sending the worksheet to NMCPHC is to provide a back-up of the applicant's scores in case of missing or lost data in the official on-line application.

7. Quality Review Process.

The Blue H Award Manager will forward the list of the Blue H Award applicants on to the QA committee. The list will be submitted alphabetically by command name. Using that list, the number of award packages that will need to be reviewed from both the Fleet, Marine Corps and Medical categories to meet the selection pool of 10% Silver and 25% Gold Level submissions will be determined. The commands will then be numerically selected from the list, starting with the first command alphabetically, until the predetermined number of commands is reached. The initial QA process will be completed by the QA committee by 15 February. The criteria that will be reviewed for QA will be the following:

• -Fleet Criteria:

- --HP Training Requirement for Gold level
- o --FMCHRA Completion Rate for Military and Civilian Staff (if appropriate) vs. points taken
- --Crews into Shape Teams vs. points taken

-Medical Criteria:

- --HP Training Requirement for Gold level
- o --FMCHRA Completion Rate for Military and Civilian Staff (if appropriate) vs. points taken
- o -- Crews into Shape Teams vs. points taken
- --Command website links to Command HPW page
- --Command HPW webpage links to other HPW resources (links) specifically identified in the Blue H Award criteria.

In instances where the QA committee is unable to verify the points taken for any of the selected criteria, the point of contact listed in the application will be contacted and given the opportunity to clarify and submit additional information no later than 10 March.

8. Notes about the NMCPHC Workplace Health Risk Assessment (HRA).

- The criteria include heath risk outcome measures which reveal the current risk behavior of command personnel. These criteria are based on the results of the NMCPHC Workplace Health Risk Assessment (HRA). This tool is web-based, free and completely anonymous. Ships may request the CD version if connectivity to the internet is a frequent issue. It takes an individual less than 5 minutes to complete the questions. Members should complete the HRA once each year.
- The Commanding Officer Report informs leaders and managers about the current levels of risk behavior among the command and can help direct future command-level efforts. Administrators can also measure changes in health risks over time. Risk is assessed as either "healthy" or "unhealthy."
- Organizations which have more than one UIC may print either individual command reports or a consolidated report that includes multiple UICs. Commanding Officer Reports can be generated for military members, GS civilian employees, or both.
- Points are awarded separately for HRA completion rates among a command's military and GS civilian personnel.
- No points are awarded for any of the criteria which utilize MILITARY HRA data unless 50% or more of the MILITARY members assigned completed the HRA during the calendar year.
- No points are awarded for any of the criteria which utilize CIVILIAN HRA data unless 25% or more of the CIVILIAN (not including contractor) members assigned completed the HRA during the calendar year.
- HRA is not the PHA: The web-based Periodic Health Assessment (PHA) required for every active duty member (IAW DoDI 6200.06) has its own built-in HRA-type questions. There are some key differences between the HRA and PHA: (1) the PHA questions differ somewhat from the NMCPHC Workplace HRA and are, in some cases, more clinical; (2) the PHA is not anonymous and is part of the members medical record (the HRA is anonymous); (3) completion of the PHA requires a CaC card (HRA does not and can be completed from home or via smart phone); (4) there is no mechanism for workplaces to access PHA data (HRA data can be accessed at any time by any registered HRA administrator for any time period); (5) the HRA is available in a stand-alone version (no internet needed) for ships at sea and deployed units (the PHA is not) Therefore, the HRA remains the only tool available to workplaces to understand health risk behavior of their

workforce and the **HRA remains the basis of HRA-related scoring for the Blue H** - Navy Surgeon General's Health Promotion and Wellness Award.

• Read more about the HRA at:

http://www.med.navy.mil/sites/nmcphc/health-promotion/Pages/hra.aspx

- 9. A summary of changes to the criteria is attached.
- 10. <u>For more information</u>, please contact the Project Manager: usn.hampton-roads.navmcpubhlthcenpors.list.nmcphc-Blue-H-Manager@mail.mil

Blue H Navy Surgeon General's Health Promotion and Wellness Award

Summary of Changes to the 2020 Blue H Criteria

(Criteria numbers represent 2019 criteria sets)

FLEET:

- Line 30 What proportion of your MILITARY members scored UNhealthy for binge drinking?" 22-27%=8 points; 0-21%=12 points. CHANGE TO: 19-21%= 4 points; 15-18%=8 points; 0-14%=12 points
- Line 31 What proportion of your GS CIVILIAN members (not contractors) scored UNhealthy for binge drinking?" 28-36%=4 points; 22-27%=8 points; 0-21%=12 points. CHANGE TO: 10-12%=4 points; 5-9%=8 points; 0-4%=12 points
- Line 32 add in DoD's Own Your Limits https://www.ownyourlimits.org/
- Line 32 change NADAP to NAAP
- Line 33 change NADAP to NAAP
- Line 33 add in DoD's Own Your Limits https://www.ownyourlimits.org/
- Line 35 change NADAP to NAAP
- Line 36 change NADAP to NAAP
- Line 36 change "Have your E1 through E4 and O1-O3 members completed AWARE training at any time in the past 5 years?" to "Have your E1 through E4 and O1-O3 members completed AWARE training at any time?
- Line 87 change (such as a lecture by an expert) to (one session presentation by a SME)
- Line 89 remove Mental Health Screening National Depression Day https://mentalhealthscreening.org/programs/ndsd
- Line 94 change October to September
- Line 95 Do fewer than 22% of your MILITARY members report smoking cigarettes, cigars, pipes or hookah? 0-10% = 3; 11-19% = 2; 20-24% = 1. Change to: 0-10% = 3; 11-16% = 2; 17-21% = 1
- Line 96- Do fewer than 10% of your GS CIVILIAN members (not contractors) report smoking cigarettes, cigars, pipes or hookah?" 0-4% = 3; 5-8% = 2; 9-11% = 1. Change to: 0-3% = 3; 4-6%= 2; 7-9% = 1
- Line 101 Do fewer than 8% of your MILITARY members report smokeless tobacco use? 0-2% = 3; 3-5% = 2; 6-8% = 1. Change to:0-2% = 3; 3-4% = 2; 5-7% = 1
- Line 104 change 'the topic of tobacco cessation' to 'the topic of tobacco use or cessation'
- Line 104 change https://www.who.int/campaigns/world-no-tobacco-day
- Line 105 change 'the topic of tobacco cessation' to 'the topic of tobacco use or cessation'
- Line 105 change links to:
 - Great American Smokeout http://www.quitsmoking.com/kopykit/reports/smokeout.htm
 - o Lose the Chew Week/Great American Spit-out Day http://www.nstep.org/
 - DoD's YouCanQuit2 https://www.ycq2.org/
 - WHO No Tobacco Day https://www.who.int/campaigns/world-no-tobacco-day
 - NMCPHC HP Toolbox Tobacco Month http://www.med.navy.mil/sites/nmcphc/health-promotion/Pages/health-promotion-toolbox.aspx
 - Video: https://www.dvidshub.net/search/?q=nmcphc
 - Video:
 - http://www.cdc.gov/tobacco/campaign/tips/resources/videos/index.html?s cid=OSH tips _D9390

- Line 106 remove these links- http://www.freedomquitline.org/
 http://www.freedomquitline.org/
 <la><a
- Line 59:
 - corrected link to OPNAVINST 6110.1J https://www.secnav.navy.mil/doni/Directives/06000%20Medical%20and%20Dental%20S ervices/06-100%20General%20Physical%20Fitness/6110.1J.pdf
 - ADD resource Navy Fitness, Sports, and Deployed Forces Support https://www.navyfitness.org/fitness/policy-and-directives
- Line 60, 61, 62, 63: Resources section
 - Remove CDC Physical Activity Website:
 http://cdc.gov/physicalactivity/everyone/guidellines/adults.html
 - Add National Physical Activity Guidelines https://health.gov/paguidelines/second-edition/report/; Physical Activity in the US https://www.cdc.gov/physicalactivity/
 - o Navy Fitness, Sports, and Deployed Forces Support https://www.navyfitness.org/
 - Line 65: Resources Section: Remove: Points of Contact / Location of NOFFS Courses offered through MWR: http://navyfitness.org/fitness/noffs/locate_trainer/ Add: Points of Contact / Location of NOFFS Courses offered through MWR:

https://www.navyfitness.org/fitness/noffs-training/noffs-overview/locate-trainer

- Line 66: Resources Section:
 - o Remove Points of Contact / Location of NOFFS Courses offered through MWR:
 - http://navyfitness.org/fitness/noffs/locate_trainer/
 - Add Points of Contact / Location of NOFFS Courses offered through MWR:
 - https://www.navyfitness.org/fitness/noffs-training/noffs-overview/locate-trainer
 - Remove An entire "eliminate the guesswork" PT session can be readily downloaded: http://navyfitness.org/fitness/noffs/
 - Add: NOFFS is now an official part of the CFL Curriculum. The "eliminate the guesswork" exercise program can be downloaded hard copy, or it can be located by downloading the NOFFS apps a SMART phone or tablet. https://www.navyfitness.org/fitness/noffs-training

MARINE CORPS COMMANDS

- Line 43 Resources Section: add http://www.marinenet.usmc.mil/marinenet/
- Line 48 Resources Section: remove- President's Physical Fitness challenge. <u>www.presidentschallenge.com</u>.

SEMPER FIT HEALTH PROMOTION

- line 20: change from "Have you partnered with other agencies on base that deal with suicide prevention (e.g. Suicide Prevention Program, Fitness, Chaplains, Marine and Family Services, Marine unit, Navy Medical Treatment Facility, I&L (food services), MWR, MAREX, etc.) to deliver a suicide prevention campaign on your installation?" to "Have you partnered with Fitness, Chaplains, Marine and Family Services, Marine unit, Navy Medical Treatment Facility, I&L (food services), MWR, MAREX, etc.) to deliver a suicide prevention campaign on your installation?"
- line 30: delete all "Do you market the Semper Fit Distance Learning Courses on Marinenet?"

 line 31: change "Thay Guy" to "Own Your Linit" and change web link to "Own Your Limts" https://www.ownyourlimits.org/

MEDICAL

- Line 20 remove 'AND other MTF staff such as Medical Homeport or Primary Care or SARP or other member of the healthcare team.'
- Line 27 change 'topic of tobacco cessation' to 'topic of tobacco use or cessation'
- Line 27 change Quit Tobacco to DoD's YouCanQuit2
- Line 27 change https://www.who.int/campaigns/world-no-tobacco-day
- Line 48 delete "At least one member of MTF staff has attended at least 2 listed psychological health training events within the previous 36 months'
- Line 57 What proportion of your MILITARY members scored UNhealthy for binge drinking?" 22-27%=8 points; 0-21%=12 points. CHANGE TO: 19-21%= 4 points; 15-18%=8 points; 0-14%=12 points
- Line 58 What proportion of your GS CIVILIAN members (not contractors) scored UNhealthy for binge drinking?" 28-36%=4 points; 22-27%=8 points; 0-21%=12 points. CHANGE TO: 10-12%=4; points; 5-9%=8 points; 0-4%=12 points
- Line 59 add in DoD's Own Your Limits https://www.ownyourlimits.org/
- Line 59 change NADAP to NAAP
- Line 61 change NADAP to NAAP
- Line 61 change "Have your E1 through E4 and O1-O3 members completed AWARE training at any time in the past 5 years?" to "Have your E1 through E4 and O1-O3 members completed AWARE training at any time?
- Line 62 change NADAP to NAAP
- Line 85 Resources Section: correct link to OPNAVINST 6110.1J
 - https://www.secnav.navy.mil/doni/Directives/06000%20Medical%20and%20Dental%20Services/06-100%20General%20Physical%20Fitness/6110.1J.pdf
 - ADD Navy Fitness, Sports, and Deployed Forces Support
 - https://www.navyfitness.org/fitness/policy-and-directives
- Line 86, 87, 88, 89 Resources Section: remove CDC Physical Activity Website:
 - http://cdc.gov/physicalactivity/everyone/guidellines/adults.html; add_National Physical Activity Guidelines https://health.gov/paguidelines/second-edition/report/_Physical Activity in the US
 - https://www.cdc.gov/physicalactivity/
- Line 92: Resources Section: Remove Points of Contact / Location of NOFFS Courses offered through MWR; Add: Points of Contact / Location of NOFFS Courses offered through MWR:
- https://www.navyfitness.org/fitness/noffs-training/noffs-overview/locate-trainer; Remove NOFFS Website; Add:NOFFS is now an official part of the CFL Curriculum. The "eliminate the guesswork" exercise program can be downloaded hard copy, or it can be located by downloading the NOFFS apps on a SMART phone or tablet.https://www.navyfitness.org/fitness/noffs-training
- Line 93: Resources Section Remove An entire "eliminate the guesswork" PT session can be readily downloaded and Points of Contact / Location of NOFFS Courses offered through MWR: http://navyfitness.org/fitness/noffs/locate_trainer/; Add NOFFS is now an official part of the CFL Curriculum. The "eliminate the guesswork" exercise program can be downloaded hard copy, or it can be located by downloading the NOFFS apps on a SMART phone or tablet.

https://www.navyfitness.org/fitness/noffs-training; Points of Contact / Location of NOFFS Courses offered through MWR: https://www.navyfitness.org/fitness/noffs-training/noffs-overview/locate-trainer

- Line 94: Resources Section Rmove all items. Add NOFFS is now an official part of the CFL
 Curriculum. The "eliminate the guesswork" exercise program can be downloaded hard copy, or it
 can be located by downloading the NOFFS app on a SMART phone or tablet.
 https://www.navyfitness.org/fitness/noffs-training
- Line 95: Resources Section Remove President's Physical Fitness Challenge and Remove For more ideas contact your local fitness coordinator at http://navyfitness.org/fitness/noffs/locate_trainer/; Add Points of Contact / Location of NOFFS Courses offered through MWR https://www.navyfitness.org/fitness/noffs-training/noffs-overview/locate-trainer
- Line 95 remove "President's Challenge"
- Line 113 change (such as a lecture by an expert) to (one session presentation by a SME
- Line 116- delete "Did your command Suicide Prevention Coordinator and other involved team members watch the NMCPHC Suicide Prevention archived webinar 'From Awareness to Action: Lessons Learned from Navy's Annual Cross Disciplinary Case Reviews? "
- Line 123 Do fewer than 22% of your MILITARY members report smoking cigarettes, cigars, pipes or hookah? 0-10% = 3; 11-19% =2; 20-24% = 1. Change to: 0-10% = 3; 11-16% = 2; 17-21% = 1
- Line 124 Do fewer than 10% of your GS CIVILIAN members (not contractors) report smoking cigarettes, cigars, pipes or hookah?" 0-4% = 3; 5-8% = 2; 9-11% = 1. Change to: 0-3% = 3; 4-6%= 2; 7-9% = 1
- Line 128 Do fewer than 8% of your MILITARY members report smokeless tobacco use? 0-2% = 3; 3-5% = 2; 6-8% = 1. Change to: 0-2% = 3; 3-4% = 2; 5-7% = 1
- Line 126 correct spelling on collateral
- Line 134 change 'topic of tobacco cessation' to 'topic of tobacco use or cessation'
- Line 135 change 'topic of tobacco cessation' to 'topic of tobacco use or cessation'
- Line 134 change Quit Tobacco to DoD's YouCanQuit2
- Line 135 change Quit Tobacco to DoD's YouCanQuit2
- Line 135 change https://www.who.int/campaigns/world-no-tobacco-day
- Line 136 change Quit Tobacco to DoD's YouCanQuit2
- Line 136 remove http://betobaccofree.hhs.gov/